

## Recipe: Labor Day Grilled Chicken with White Barbecue Sauce

### White Barbecue Sauce

- 1 cup mayonnaise
- 1 tablespoon grated lemon zest
- 1/4 cup EACH fresh squeezed lemon juice and water
- 1/2 packet stevia sweetener
- 3 tablespoons oregano leaves, stripped from the stems
- 2 tablespoons white-wine Worcestershire sauce
- 1 tablespoon cracked black pepper + sea salt to taste
- 1 tablespoon Dijon seeded mustard
- 4 garlic cloves, peeled and minced
- 2 teaspoons prepared horseradish
- 5 pounds chicken parts: breasts, thighs, wings, legs



Combine mayo, lemon zest and juice with water and sweetener. Stir to mix. Add oregano, Worcestershire, pepper and salt, mustard, garlic, and horseradish. Stir, then transfer to a large ziplock bag. Add chicken pieces. Zip to close then squish it to coat all the pieces. Place this zip lock in the refrigerator, OR in the cooler in a larger zip lock filled with ice. Marinate from 1 to 4 hours. To cook, heat a grill with charcoal or gas, then add the pieces and grill, turning and basting, until cooked through, about 25 minutes. Transfer to a platter and serve. Don't forget the paper napkins. It's messy. But worth it.